

The Seven Virtues Scale (Short Version)

Instructions:

For each statement, please choose the response that honestly reflects HOW YOU TYPICALLY ARE (rather than what you think you should be like).

Note: For questions that mention "God" you may refer to whatever higher power fits with your beliefs or experience. If a statement does not fit at all with your beliefs or experience, then you would select "Not at all" for that item. If a statement fits somewhat with your typical beliefs or experiences, then you would select "Somewhat like me" for that item.

		Not at all	A little	Somewhat	Quite a bit	Completely
1.	Believing in God makes my life meaningful.	0	1	2	3	4
2.	I eagerly anticipate the good things planned for me.	0	1	2	3	4
3.	It's very important to me to help and serve people.	0	1	2	3	4
4.	I see myself as a person who is unwaveringly justice-oriented.	0	1	2	3	4
5.	I do not let feeling scared stop me from doing what is right.	0	1	2	3	4
6.	I see myself as a person who consistently avoids extremes	0	1	2	3	4
7.	I think about what matters most when deciding what goals to pursue.	0	1	2	3	4
8.	Trust in God is a source of strength in my life.	0	1	2	3	4
9.	I remain hopeful about the future laid out before me.	0	1	2	3	4
10.	Empathy often motivates me to help others in their struggles.	0	1	2	3	4
11.	I actively work against injustices I see around me.	0	1	2	3	4
12.	I bravely step out of my comfort zone to do the right thing.	0	1	2	3	4
13.	I strive to live in moderation and avoid extremes.	0	1	2	3	4
14.	I look for opportunities to learn from others and grow.	0	1	2	3	4
15.	I believe strongly in God's goodness.	0	1	2	3	4
16.	I hold tightly to the expectation that eventually things will be made right.	0	1	2	3	4

17.	I experience deep compassion for those who are hurting.	0	1	2	3	4
18.	I stand up for the rights and dignity of all people groups.	0	1	2	3	4
19.	I always face my fears rather than avoid them.	0	1	2	3	4
20.	Through discipline I avoid giving in to temptations that could derail me from long-term plans.	0	1	2	3	4
21.	I often reflect on how to best live out my values.	0	1	2	3	4
22.	Trusting God gives me purpose.	0	1	2	3	4
23.	I am able to maintain steadfast hope across many different circumstances.	0	1	2	3	4
24.	I strive to be a person of unwavering love.	0	1	2	3	4
25.	I often speak up for those who are disrespected.	0	1	2	3	4
26.	I pursue my calling even when it requires me to take risks.	0	1	2	3	4
27.	I am careful not to be impulsive with words or actions.	0	1	2	3	4
28.	I usually weigh multiple perspectives before accepting one.	0	1	2	3	4
29.	I seek to know God deeply.	0	1	2	3	4
30.	When things are hard, I can find strength beyond myself to keep going.	0	1	2	3	4
31.	I show kindness to others even when we disagree.	0	1	2	3	4
32.	I long to see people delivered from oppressive circumstances.	0	1	2	3	4
33.	I am willing to embrace discomfort in order to do good in the world.	0	1	2	3	4
34.	I exercise self-restraint in many circumstances (work, relationships, health)	0	1	2	3	4
35.	I welcome feedback about my weaknesses.	0	1	2	3	4

Citation:

Erickson, T. M., Tausen, B., Fossum, J., Jalalian-Chursky, K., Dunham, M., & Valkren, R. (2025). The sacred seven: Developing a measure of cardinal and theological virtues. [Manuscript in preparation]. Department of Clinical Psychology, Seattle Pacific University.

Scoring: Items are averaged to create total score for each construct, with higher scores indicating higher levels of the virtue. Items are listed below with their corresponding virtue subscale.

Faith: 1, 8, 15, 22, 29

Hope: 2, 9, 16, 23, 30

Love: 3, 10, 17, 24, 31

Justice: 4, 11, 18, 25, 32

Courage: 5, 12, 19, 26, 33

Temperance: 6, 13, 20, 27, 34

Wisdom: 7, 14, 21, 28, 35